

Psa 34:2-5 : "Who comforteth us in all our tribulation"

(from 2Co 1:4)

In our last study we discussed how ([Psa 34:1](#)) was the key verse to demonstrate the fruit of experiencing God's grace and faith. http://anthocul.files.wordpress.com/2013/11/psa-34_1.pdf

At the end of this first verse David says "I will bless the Lord at all times: his praise shall continually be in my mouth" reminding us of ([Heb 13:15](#)).

The fruit produced by having God's chastening grace and faith work in our lives is going to bring us to rejoice in the Lord always and in time his praise shall continually be in our mouth.

Just as we pray always ([Luk 18:1](#) , [Luk 21:36](#)), meaning this is a way of life for us, God willing we will grow to continually have praise in our mouth for what God is working within us both to will and to do ([Php 2:13](#) , [2Th 3:4](#) , [Jas 4:15](#)).

David's deliverance had brought him to utter this great desire to bless the Lord at all times, and God has seen fit to deliver his elect in this age so that we can show forth our praise and thanksgiving to our Father for such tremendous ongoing mercy toward us ([2Co 4:15](#) , [2Co 9:11](#)).

Now let's look at how this continual praise and boasting of the Lord is expressed in the following verses of our study and how it is a blessed reminder to us to heed the admonition to "rejoice in the Lord and again I say rejoice" of ([Php 4:4](#)).

Here are our verses for tonight:

Psa 34:2 My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad.

Psa 34:3 O magnify the LORD with me, and let us exalt his name together.

Psa 34:4 I sought the LORD, and he heard me, and delivered me from all my fears.

Psa 34:5 They looked unto him, and were lightened: and their faces were not ashamed.

Psa 34:2 My soul shall make her boast in the LORD: the humble shall hear *thereof*, and be glad.

Few people today are making their boast h1984 in the Lord, and David was used on many occasions to demonstrate this spirit of rejoicing that the Lord gave him, which was a type of our rejoicing because of the hope of glory within us bringing forth rejoicing with joy unspeakable and full of glory ([1Pe 1:8](#) , [1Jn 3:2](#) , [1Jn 3:24](#) or [Gal 2:20](#) , [Rom 8:25](#)).

The elect make their boast in the Lord and it is because we can hear the voice of the true shepherd in each other ([Joh 10:3](#)) that we are glad and rejoice and give thanks for His body, which is the church ([Col 1:24](#)).

H1984

hâlâl

haw-lal'

A primitive root; to *be clear* (originally of sound, but usually of color); **to shine**; hence to *make a show*; **to boast**; and thus to *be* (clamorously) *foolish*; to *rave*; causatively to *celebrate*; also to *stultify*: - (make) boast (self), celebrate, commend, (deal, make), fool (-ish, -ly), glory, give [light], be (make, feign self) mad (against), give in marriage, [sing, be worthy of] praise, rage, renowned, shine.

Some examples of the 165 matches found in God's word for h1984 :

Psa 35:18 I will give thee thanks in the great congregation: I will praise H1984 thee among much people.

Psa 44:8 In God we boast H1984 all the day long, and praise thy name for ever. Selah.

1Ch 16:25 For great *is* the LORD, and greatly to be praised: **H1984** he also *is* to be feared above all gods.

Psa 5:5 The foolish **H1984** shall not stand in thy sight: thou hatest all workers of iniquity.

Psa 49:5-7 Wherefore should I fear in the days of evil, *when* the iniquity of my heels shall compass me about? They that trust in their wealth, and boast themselves H1984 in the multitude of their riches; None *of them* can by any means redeem his brother, nor give to God a ransom for him: (*in other words with Christ in us and the true riches of his word, we can be*

a ransom for one another).

Psa 56:4 In God I will praise H1984 his word, in God I have put my trust; I will not fear what flesh can do unto me.

Psa 63:5 My soul shall be satisfied as *with* marrow and fatness; and my mouth shall praise H1984 *thee* with joyful lips:

Psa 69:30 I will praise H1984 the name of God with a song, and will magnify him with thanksgiving.

Pro 27:1 Boast not thyself H1984 of to morrow; for thou knowest not what a day may bring forth.

Pro 31:30 Favour *is* deceitful, and beauty *is* vain: *but* a woman *that* feareth the LORD, she shall be praised H1984 .

Jer 4:2 And thou shalt swear, The LORD liveth, in truth, in judgment, and in righteousness; and the nations shall bless themselves in him, and in him shall they glory H1984 .

Psa 34:3 O magnify H1431 the LORD with me, and let us exalt his name together.

There is no quicker way to get our minds off of any spiritual problem than to magnify the Lord, and when we do this together then there is strength in those numbers, which lift the body of Christ up ([Ecc 4:12](#) , [Psa 30:4](#)).

We magnify h1431 the Lord and exalt his name together when God grants that we see how we are one body, more fearfully and wonderfully made (being made) and connected than our own physical bodies ([Psa 139:14](#) , [Eph 4:16](#)).

This magnifying of the Lord is promised to grow from the elect foundation of the 144,000, who will be used to bring the rest of humanity to wax better and better and not worse and worse as we see today ([2Ti 3:13](#)). And there will be no end to the increase of the peace of His kingdom once the correct foundation is laid with Christ as our cornerstone ([Isa 9:11](#) , [Eph 2:20](#) , [1Sa 16:23](#)).

H1431

gâdal
gaw-dal'

A primitive root; properly to *twist* (compare H1434), that is, to *be* (causatively *make*) *large* (in various senses, as in body, mind, estate or honor, also in pride): - advance, boast, bring up, exceed, excellent, be (-come, do, give, make, wax), great (-er, come to . . . estate, + things), grow (up), **increase**, lift up, **magnify** (-ifical), be much set by, nourish (up), pass, promote, proudly [spoken], tower.

Psa 34:4 I sought the LORD, and he heard me, and delivered me from all my fears.

We all have to experience many fears that God allows to trouble us with so we can learn to exercise these spirits as we seek the Lord ([Mat 6:33](#)). He will hear us and deliver us from all our fears when we diligently seek him ([Heb 11:6](#) , [Deu 11:8](#) , [Deu 28:1](#) *God's gift to the elect in this age is to be able to hearken diligently unto the voice of the Lord our God* [Rev 1:3](#) *and we are set high above all nations of the earth within in Jerusalem which is above* [Gal 4:26](#) , [Rev 5:9](#) , [Eph 2:6](#)).

God will send spirits our way just as He did with King Saul. The exercise of praising God as the hope of glory is shed abroad in our hearts ([Rom 5:5](#)) will deliver us from all our fears ([1Jn 4:18](#)) and is paralleled in the way that David was able to overcome those foul spirits of Saul by playing a ten stringed lyre (a witness 2 of Christ in us overcoming Saul with in us 10, by grace and faith 2X5=10) ([Psa 92:3](#)) (harp h3658 found in [1Sa 16:16](#) and [Psa 92:3](#)). This is all a type and shadow of being skillful in the word with Christ in us....

This exercise of overcoming evil spirits is what we have been called to overcome with Christ in us ([Eph 6:12](#) , [Col 1:27](#) , [Eph 1:21](#)) and we will come in and out of many battles ([Act 14:22](#)) growing steadily ([Exo 23:30](#)) in our confidence in God's ability to always be faithful to deliver His saints from all their troubles ([2Co 1:4-5](#)).

Psa 34:5 They looked unto him, and were lightened H5102: and their faces were not ashamed.

Looking unto the Lord we are going to be cheerful **H5102** because we know that we have an advocate in him who is there to deliver us from all bondage ([1Jn 2:1](#)) . We are not going to be brought to be ashamed if we are given to look patiently and wait in the Lord as we confess our faults to Him ([Psa 25:3](#) , [Mat 12:36](#) , [Mat 4:4](#) , [Psa 103:4](#) , [Isa 30:15](#) , [Psa 103:12](#)).

Here are some examples of the word lightened **H5102** used in the old covenant which will help us get a better sense of the word and how it is tied to repentance which comes about by being drug unto Christ and His body:

Psa 34:5 They looked unto him, and were lightened: **H5102** and their faces were not ashamed.

Isa 2:2 And it shall come to pass in the last days, *that* the mountain of the LORD'S house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow **H5102** unto it.

Isa 60:5 Then thou shalt see, and flow together, **H5102** and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Jer 31:12 Therefore they shall come and sing in the height of Zion, and shall flow together **H5102** to the goodness of the LORD, for wheat, and for wine, and for oil, and for the young of the flock and of the herd: and their soul shall be as a watered garden; and they shall not sorrow any more at all.

Jer 51:44 And I will punish Bel in Babylon, and I will bring forth out of his mouth that which he hath swallowed up: and the nations shall not flow together **H5102** any more unto him: yea, the wall of Babylon shall fall.

Mic 4:1 But in the last days it shall come to pass, *that* the mountain of the house of the LORD shall be established in the top of the mountains, and it shall be exalted above the hills; and people shall flow **H5102** unto it.

There is a pattern being shown in these verses as God describes how he will bring the world to flow to the top of the mountains to be converted. We look to the mountain today to be converted by the grace and faith of Christ ([Psa 121:1](#) , [Eph 2:8](#)), knowing that this process is being fulfilled first in us so that we can be used to bring others to that mountain which is Christ and His body later ([Oba 1:21](#)).

We know that there are many lessons to be learned about the process involved in becoming adept at climbing physical mountains, however we are climbing the mountain of mountains pressing toward the mark for the prize of the high calling of God in Christ Jesus so we can grow unto the measure of the stature of the fulness of Christ ([Php 3:14](#) , [Eph 4:12-13](#)).

We are promised on this journey that our Lord is going to comfort us in all our tribulation ([1Co 10:13](#) , [Php 1:6](#)) as we move forward as Christ's body.